

Matt Golinski's Rice Paper Rolls



Serves 5

Ingredients

- 20 x 15cm rice papers
- 400gm chicken breast, cooked and shredded
- 1 carrot, shredded
- 1 stick celery, finely sliced
- 1 avocado, cut into strips
- 1/2 red capsicum, cut into batons
- 1 Lebanese cucumber, or 1/2 continental cucumber - cut into batons
- 1 cup mixed herbs (basil, mint, coriander)

Method

1. Drop each rice paper one at a time into a bowl of lukewarm water for 10 – 15 seconds, then remove and allow any excess water to drip off before laying flat on a plate.
2. Place whatever ingredients you like on the front third of the rice paper, fold in the sides, then roll up tightly to form a cylinder.
3. Eat immediately.

Recipe created by Matt Golinski, celebrity chef and Health and Wellbeing Queensland's healthy food ambassador.

Soy and Sesame Dipping Sauce

- 100ml soy sauce
- 50ml rice vinegar
- 20gm palm or brown sugar
- 2 tsp sesame oil

- Stir ingredients together in a small bowl until the sugar has dissolved.

Green Goddess Dipping Sauce

- 1 ripe avocado
- ½ cup natural Greek yoghurt
- 1 tbs lemon juice
- ½ cup mixed herbs
- 1 clove garlic
- Salt and pepper

- Place ingredients in a food processor and blend until combined. Thin with cold water to make a dipping sauce consistency.

Sweet and Sour Sauce

- 150ml pineapple juice
- 50ml tomato sauce
- 30 ml rice vinegar
- 30 ml soy sauce
- 1 tbs cornflour and 1 tbs water

- Place juice, sauces and rice vinegar into a small saucepan and bring to a simmer. Mix together cornflour and water and stir into the hot liquid to thicken.

Nutrition Information (rolls only)

Per serve (based on 5 serves): 1062kj energy, 7.9g fat, 26g protein and 5g fibre.

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.